But it's not too late.

If everyone changed their eating habits and chose Ocean Wise seafood, together we could make a big difference.

The Ocean Wise symbol next to a seafood item is our assurance of an ocean-friendly choice.

Ocean Wise Recommended seafood has to meet these four criteria:

- **ABUNDANT & RESILIENT**: Species that are able to reproduce quickly and are resilient to fishing pressures.
- **WELL-MANAGED**: A comprehensive management plan, based on current scientific research.
- **LIMITED BY-CATCH**: By-catch are species that are accidentally caught by fishing gear.
- **LIMITED HABITAT DAMAGE**: Different fishing and farming techniques can have varying impacts on different habitats.

Ocean Wise reviews the latest scientific information to recommend sustainable seafood choices to Ocean Wise partners.

Ocean Wise has over 700 Canada-wide partners.

Ocean Wise organisations provide education and outreach to consumers and businesses to make sustainable seafood choices.

But many poorly managed fisheries remain a problem in many poorly managed fisheries.

Illegal, unreported & unregulated fishing remains a problem in many poorly managed fisheries.

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Ocean Wise is the primary seafood is the primary seafood.

Ocean friendly seafood on the go.

Download the Ocean Wise seafood app to find participating restaurants and retailers to make smart choices for our oceans.

A Guide to Sustainable Seafood.

90% of the world's assessed fish stocks are currently over-exploited or at full capacity.

48% of the major fish stocks in Canadian waters are considered 'healthy'.

Overfishing is the greatest threat our oceans face today.

Seafood is the primary source of protein for 91% of Canadians.

Buy sustainable seafood every time you shop. 700 people buy sustainable seafood every time they shop. Over one billion people worldwide consume seafood now accounts for over 9.9 kg of Canadians' diets. But half of the seafood we consume globally is over 20 kg.

Globally we're eating more seafood than ever before. Global average seafood consumption per person has increased from 1960's 20 kg to 2014's 9.9 kg.
Ocean Wise® Recommended Sustainable Seafood

YOU CAN HELP by choosing seafood with an Ocean Wise symbol on menus or in markets. These recommendations are ocean-friendly choices.
For a complete list of Ocean Wise seafood, visit ocean.org/seafood.

ARCTIC CHAR
Worldwide: Closed-system farmed
Nunavut: Bottom gillnet or weir
A popular choice for grilling, and a great substitute for trout or salmon, Arctic char is sustainably farmed with closed, land-based systems, reducing many of the risks of open-net-pen farming. Arctic char is also caught by bottom gillnet or weir in Cambridge Bay, Nunavut, part of a sustainable small-scale fishery.

HALIBUT
PACIFIC
Bottom longline or handline caught
From stews to à la carte delicacies, shellfish are an important part of Canadian cuisine, varying in taste from mild and delicate to rich and earthy. Shellfish are generally farmed off the bottom of the sea floor in either suspended bags or on ropes or trays with minimal impact on the surrounding environment.

LAKE WHITEFISH
LAKES HURON, SUPERIOR, ONTARIO & ERIE
Bottom gill net or trap net caught
This white-fleshed, freshwater fish is extremely versatile and easy to cook. Its delicate taste and medium-to-firm texture is comparable to a salmon fillet. Lake whitefish populations have recovered from previous overfishing and are now considered healthy, abundant, and well-managed.

SHELLFISH:
CLAMS, MUSSELS, OYSTERS, SCALLOPS
Beach or suspension farmed
Atlantic: Hand rake or tong

Look for this symbol wherever you choose to enjoy seafood.

ALBACORE TUNA
B.C. & ATLANTIC
Pole or troll caught
Known for its rich flavour, due to the high fat content of the flesh. Albacore tuna is fast growing and highly reproductive, making them inherently resilient to fishing pressure. Troll or pole fishing methods result in much lower incidents of by-catch than are typical with more common method of pelagic longline.

SNOW CRAB
GULF OF ST. LAWRENCE & EASTERN NOVA SCOTIA
Trap
This white-fleshed, freshwater fish is extremely versatile and easy to cook. Its delicate taste and medium-to-firm texture is comparable to a salmon fillet. Lake whitefish populations have recovered from previous overfishing and are now considered healthy, abundant, and well-managed.

SALMON:
CHUM, PINK, SOCKEYE
B.C. & ALASKA
Seine net; gill or troll caught
Salmon vary in taste from light and mild to rich and buttery. B.C. and Alaskan Wild Pacific salmon are an intensively managed species, a great alternative to open-net pen-farmed salmon.

SPOT PRAWNS
B.C.
Trap caught
Known globally for their sweet, delicate flavour and firm texture, B.C. spot prawns are a chef favourite. A well managed fishery, B.C. spot prawns are caught in traps resulting in low levels of by-catch or habitat damage.

SABLEFISH
BLACK COD
ALASKA & B.C.
Bottom longline, trap caught or bottom trawl
A richly flavoured fish with a high fat content and a smooth, velvety texture. Similar to cod, sablefish is white fleshed with large, delicate flakes. B.C. and Alaskan sablefish fisheries are well-managed using bottom longlines, traps, and bottom trawls.

LAKE WHITEFISH
LAKES HURON, SUPERIOR, ONTARIO & ERIE
Bottom gill net or ERIE
Trap net caught
A popular choice for grilling, and a great substitute for trout or salmon, Arctic char is sustainably farmed with closed, land-based systems, reducing many of the risks of open-net-pen farming. Arctic char is also caught by bottom gillnet or weir in Cambridge Bay, Nunavut, part of a sustainable small-scale fishery.

SALMON:
CHUM, PINK, SOCKEYE
B.C. & ALASKA
Seine net; gill or troll caught
Salmon vary in taste from light and mild to rich and buttery. B.C. and Alaskan Wild Pacific salmon are an intensively managed species, a great alternative to open-net pen-farmed salmon.

RAINBOW TROUT
(aka STEELHEAD)
Closed-system farmed
This freshwater trout is known for its mild flavour and tender, light pink flesh. Lemon juice, fresh herbs, butter, and almonds are popular flavour pairings for this fish. Rainbow trout that are farmed using closed ‘raceways’ reduces many of the risks associated with open-net lake-pen farming.

PICKEREL
WALLEYE
LAKE ERIE, HURON & ONTARIO
Bottom gillnet or trap net
A delicate, mildly sweet-flavoured freshwater fish that is quite lean. Tastes very good poached or steamed with ginger and garlic, but heavy sauces are not recommended. Bottom gillnets and trap nets cause minimal damage to the surrounding environment.

SNOW CRAB
GULF OF ST. LAWRENCE & EASTERN NOVA SCOTIA
Trap
Snow crab meat has a sweet and delicate flavour. They are found in snowy ocean environments and prefer deep cold-water conditions. The use of traps is associated with low levels of by-catch or habitat damage.

COD
PACIFIC
Bottom longline, trap caught or bottom trawl
A lean, white-fleshed fish with mild flavour and a medium texture. Baked, battered, or pan-fried, it’s a versatile fish with many different cooking options. Sustainable cod is well-managed as part of the groundfish fishery.